



## Inspiring confidence course

There are now just a few places left on the two courses that are being run this autumn.

The course will be running online on Monday and Thursday mornings through October and November. If you want to know more about the course, or to book your place, please contact [Judith Ledden](#).

## Information from The Department of Health

One important part of ensuring the safety and wellbeing of our communities is testing for coronavirus. We all have a duty to make sure that the right people have access to get tested at the right time. Every time a test is used inappropriately, a person with COVID-19 symptoms may miss out on getting tested.

Therefore, I ask that you only book a test if your child has any of these 3 coronavirus symptoms:

- a high temperature: any new high temperature where your child feels hot to touch on their chest or back (you do not need to measure the temperature)
- a new continuous cough: coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss of, or change in, sense of smell or taste: a noticeable loss of smell or taste or things smell and taste different to normal

Your child does not need a test if they have a runny nose, are sneezing or feeling unwell but do not have the symptoms listed above.

If you are unsure about whether to get a test, please check the [official list of symptoms on the NHS website](#), or call 111.

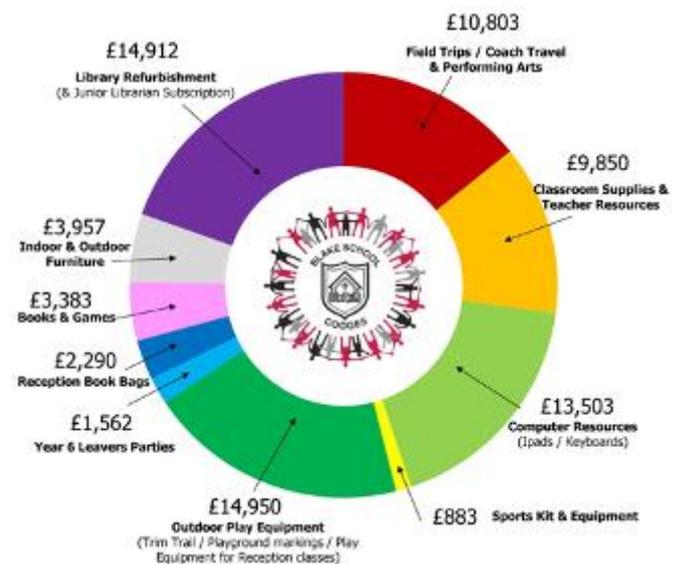
Only the person with symptoms should get a test. You do not need to get a test for anyone else in the household unless they also have any of the symptoms of Covid-19 listed above. All members of the household need to self-isolate whilst waiting for the test result.

## "The Friends" need friends!

Every year the school benefits from the incredible amount of fundraising that is carried out by The Friends.

We asked The Friends to tell us some interesting facts about the events they organise. We discovered that at an average school quiz, the participants munch their way through a whopping 6kg of cheese! We also found out that the biggest fundraiser is the Christmas fete and raffle, which raises about £3000 every year. Last year Santa arrived in a Mini and drove around the playground in it!

The graphic below gives you some idea of the kinds of things that The Friends provide money for. Without their tireless fundraising there would be so much that the school was either unable to do, or would have to wait much longer for.



The Friends is made up of parents and members of the school staff team, who together plan and deliver a wide range of fun events and activities through the year for the whole school community to engage in. This year, fundraising is needed as much as ever, but it will require a superhuman effort, given all of the current restrictions.

Please do join The Friends online for their AGM at 8pm this coming Monday evening (5<sup>th</sup> October). Contact The Friends on [friends@blake.oxon.sch.uk](mailto:friends@blake.oxon.sch.uk) to let them know that you want to attend and they will send you an invitation to join the meeting. Everyone is welcome!